

## **Abstract of the Disclosure**

A method communicates data between terminals in heterogeneous communications network. A coordinator broadcasts periodically a first beacon in a first signal format. The first beacon defines a start of a contention period and a start of a contention free period. The coordinator also broadcasts a second beacon in a second signal format during the contention free period. The second beacon also defines the start of the contention period and the start of the contention free period.